



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
BUREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE
CHILD AND ADULT CARE FOOD PROGRAM
MENU – USDA REQUIREMENTS

NAME OF CENTER/FACILITY Intermediate Eat Smart Center #9

WEEK OF Week 1

YEAR 2014

	DATE	DATE	DATE	DATE	DATE
BREAKFAST			Peach Cream of Wheat	Toasted Cheese Sandwich	
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole fruit/vegetable	Strawberries- frozen, unsweetened	Pears- canned, unsweetened	Peaches- canned, unsweetened	Applesauce- unsweetened	Pineapple- canned, unsweetened
Grains/Bread Component 4x Whole Grain, 0x sweet	Cheerios cereal (WG)	French Toast	Whole Grain Cream of Wheat (WG)	Whole Wheat Toast (WG)	Whole Wheat Biscuits (WG)
Other Foods 1x Meat/Meat Alternate		**no syrup**		Sliced Cheese	
LUNCH	Mexican Cornbread Casserole	Tater Tot Casserole	Bean and Cheese Burrito (HM)	Turkey Meatloaf (HM)	Upside Down Pizza Casserole
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables 1x fresh	Corn- frozen	Tater Tots- frozen	Peas- canned	Diced Potatoes- canned	Corn- canned
	Pineapple- canned, unsweetened	Mixed Vegetables- canned	Pears- canned, unsweetened	Green Beans- canned	Apple Slices- fresh
Grains/Bread Component 4x Whole Grain	Cornbread	Whole Wheat Bread (WG)	Whole Wheat Tortilla (WG)	Whole Wheat Bread (WG)	Whole Wheat Biscuits (WG)
Meat or Meat Alternate 0x highly processed	Ground Beef, Cheese	Ground Beef, Cheese	Black Beans, Cheese	Ground Turkey	Ground Beef, Cheese
Other Foods					
SUPPLEMENT <i>Serve 2 of 4 choices.</i>	Cheese Crackers		Trail Mix		
Fluid Milk					
Juice, Fruit, or Vegetable 3x whole fruits/vegetable		Strawberries- frozen, unsweetened	100% Apple Juice	Banana Slices- fresh	Spinach Artichoke Dip (HM)
Grains/Bread Component 2x Whole Grain, 0x sweet	Whole Wheat Saltine Crackers (WG)		Cheerios cereal (WG), Pretzels, Cheez Its	Animal Crackers	Whole Wheat Saltine Crackers (WG)
Meat or Meat Alternate 2x Meat/Meat Alternate	Sliced Cheese	Yogurt			
Other Foods			Raisins		



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WEEK OF Week 2

YEAR 2014

	DATE	DATE	DATE	DATE	DATE
BREAKFAST	Strawberry Waffles	Egg and Cheese Burrito	Parfait		
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole fruit/vegetable	Strawberries- frozen, unsweetened	Pears - canned, unsweetened	Mixed Berries- frozen, unsweetened	Peaches- canned, unsweetened	Pineapple - canned, unsweetened
Grains/Bread Component 4x Whole Grain, 0x sweet	Whole Wheat Waffles (WG)	Whole Wheat Tortilla (WG)	Cheerios cereal (WG)	Grits	Whole Wheat Toast (WG)
Other Foods 2x Meat/Meat Alternate	**no surup**	Egg, Cheese	Yogurt		
LUNCH	Turkey Tetrzzini	Grilled Cheese Sandwich	Chili (HM)	Chicken Teriyaki (HM)	Vegetable Frittata (HM)
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables 1x fresh	Mixed Vegetables- canned	Green Beans- canned	Corn- canned	Mixed Vegetables- canned	Zucchini, Mushrooms- fresh
	Applesauce- unsweetened	Pineapple- canned, unsweetened	Diced Potatoes- canned	Pears- canned, unsweetened	Strawberries- frozen, unsweetened
Grains/Bread Component 4x Whole Grain	Whole Wheat Spaghetti (WG)	Whole Wheat bread (WG)	Cornbread	Brown Rice (WG)	Whole Wheat Bread (WG)
Meat or Meat Alternate 0x highly processed	Turkey, Cheese	Cheese	Ground Beef, Chili Beans	Chicken	Eggs, Cottage Cheese
Other Foods					Shredded Cheese
SUPPLEMENT <i>Serve 2 of 4 choices.</i>			Cheese Quesadilla		
Fluid Milk	1% Milk			1% Milk	
Juice, Fruit, or Vegetable 2x whole fruits/vegetable		Banana Slices- fresh	100% Apple Juice		Apple Slices- fresh
Grains/Bread Component 1x Whole Grain, 1x sweet	Cheez Its		Whole Wheat Tortilla (WG)	Pumpkin Bread (sweet)	Mini Pretzels
Meat or Meat Alternate 2x Meat/Meat Alternate		Sunflower Seed Butter	Cheese		
Other Foods					



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WEEK OF Week 3

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	DATE	DATE	DATE	DATE	DATE
BREAKFAST				Strawberry Oatmeal	Toasted Cheese Sandwich
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole fruit/vegetable	Banana Slices- fresh	Pears- canned, unsweetened	Pineapple- canned, unsweetened	Strawberries- frozen, unsweetened	Applesauce- unsweetened
Grains/Bread Component 3x Whole Grain, 1x sweet	Cheerios cereal(WG)	English Muffin	Bran Muffins (sweet)	Oatmeal (WG)	Whole Wheat Toast (WG)
Other Foods 2x Meat/Meat Alternate			Cottage Cheese		Sliced Cheese
LUNCH	Vegetable Beef Soup (HM)	Shepherd's Pie	Cheesy Cornbread Casserole	Turkey Sloppy Joes (HM)	Pagogi
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Mixed Vegetables- canned	Diced Potatoes- canned	Corn- frozen	Broccoli- fresh	Green Beans- canned
1x fresh	Pears- canned, unsweetened	Applesauce- unsweetened	Peaches- canned, unsweetened	Pears- canned, unsweetened	Peaches- canned, unsweetened
Grains/Bread Component 4x Whole Grain	Whole Grain Saltine Crackers (WG)	Whole Wheat Bread (WG)	Cornbread	Whole Wheat Bread (WG)	Brown Rice (WG)
Meat or Meat Alternate 0x highly processed	Ground Beef	Ground Beef	Ground Beef, Cheese	Ground Turkey	Beef Strips
Other Foods					
SUPPLEMENT <i>Serve 2 of 4 choices.</i>			Cheese Sandwich		
Fluid Milk		1% Milk		1% Milk	
Juice, Fruit, or Vegetable 2x whole fruits/vegetable	Apple Slices- fresh		100% Apple Juice		Pineapple- canned, unsweetened
Grains/Bread Component 2x Whole Grain, 0x sweet		Animal Crackers	Whole Wheat Bread (WG)	Whole Wheat Graham Crackers (WG)	
Meat or Meat Alternate 3x Meat/Meat Alternate	Sunflower Seed Butter		Sliced Cheese		Cottage Cheese
Other Foods					



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WEEK OF Week 4

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	DATE	DATE	DATE	DATE	DATE
BREAKFAST				Apple Pancakes	Fruity Burrito
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole fruit/vegetable	Peaches- canned, unsweetened	Pears- canned, unsweetened	Bananas- fresh	Applesauce- unsweetened	Strawberries- frozen, unsweetened
Grains/Bread Component 3x Whole Grain, 0x sweet	Corn Flakes cereal	Whole Wheat Biscuits (WG)	Whole Wheat Toast (WG)	Pancakes	Whole Wheat Tortilla (WG)
Other Foods 2x Meat/Meat Alternate			Scrambled Eggs	**no syrup**	Yogurt
LUNCH	Beanie Weanies	Spaghetti with Meat Sauce	Chicken Quesadilla (HM)	Hamburger Mac and Cheese (HM)	Cheesy Chili Pie
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Mixed Vegetables- canned	Green Beans- canned	Broccoli- fresh	Corn- canned	Mixed Vegetables- canned
2x fresh	Diced Potatoes- canned	Peaches- canned, unsweetened	Pineapple- canned, unsweetened	Pears- canned, unsweetened	Apple Slices- fresh
Grains/Bread Component 5x Whole Grain	Whole Wheat Bread (WG)	Whole Wheat spaghetti (WG)	Whole Wheat Tortilla (WG)	Whole Wheat Elbows (WG)	Whole Wheat Bread (WG)
Meat or Meat Alternate 1x highly processed	Hot Dogs	Ground Beef	Chicken, Cheese	Ground Beef, Cheese	Ground Beef, Cheese
Other Foods		Spaghetti Sauce			
SUPPLEMENT <i>Serve 2 of 4 choices.</i>					
Fluid Milk		1% Milk		1% Milk	
Juice, Fruit, or Vegetable 2x whole fruits/vegetable	Apple Slices- fresh		Strawberries- frozen, unsweetened		
Grains/Bread Component 2x Whole Grain, 0x sweet		Mini Pretzels	Whole Wheat Graham Crackers (WG)	Cheez Its	Whole Wheat Saltine Crackers (WG)
Meat or Meat Alternate 2x Meat/Meat Alternate	Sliced Cheese				Hardboiled Eggs
Other Foods					